

Goals and Objectives:

The goal of this clinic is to provide ground based training techniques to improve overall athletic performance. Learn from some of the nation's best strength and speed coaches.

The following continuing education credits are available:

- BOC-CEU: Sanford USD Medical Center (P2211) is recognized by the Board of Certification, Inc. to offer continuing education to Certified Athletic Trainers. Sanford USD Medical Center designates this continuing education for 12 CEU's for Athletic Trainers.
- NSCA Continuing Education Credits (1.4)
- Continuing Educational Credit (College – 1 credit), graduate or undergraduate. (Additional Cost)

Featured Clinicians:



Logan Schwartz, MEd, CSCS, FAFS

Logan is in his third season with the University of Texas (UT) Basketball Program, serving as the Assistant Basketball Strength and Conditioning Coach.

Schwartz received both his bachelor's degree (Kinesiology, Health Promotion and Fitness, 2002) and his master's degree (MEd in Kinesiology with a specialization in Exercise Physiology, 2004) from UT.

Prior to joining the UT staff, Schwartz spent the last four years in the private sector. He worked at Austin-based Train 4 The Game as a performance specialist/strength coach and Director of the Intern Program, while continuing to volunteer his time with Texas Basketball.

Schwartz is a Certified Strength and Conditioning Specialist (CSCS) by the National Strength and Conditioning Association, and is a Fellow of Applied Functional Science (FAFS) by the Gray Institute for Functional Transformation (GIFT). Logan is also a practitioner for the prescription and fabrication of Biomechanical Foot Orthoses.



Jason Riley, CSCS, USAW

Jason serves as the Sports Performance Director of the Athletes' Compound, located on the campus of Saddlebrook Resort in Tampa, Florida. Jason began his career at the University of Nebraska – Lincoln, where he graduated with a degree in Exercise

Physiology. He transferred to the University of Nebraska – Omaha (UNO) to work towards completing his Masters degree as a graduate assistant Strength and Conditioning coach. In May of 2000, Jason moved to Bradenton, Florida to serve as a performance coach, and eventually the Associate Director of Performance at the International Performance Institute.

Jason has worked with world-class athletes in all sports. He has developed and implemented a very successful NFL Combine Training program, MLB Spring Training Prep program, and NBA/NHL Off-Season training programs. He has also served as the strength and conditioning coordinator

with the MLS Real Salt Lake Soccer teams as well as the U-17 and U-20 USA National Soccer Teams.



Shawn Myszka, CSCS

Shawn is the Founder and Athletic Performance Director of Explosive Edge Athletics in Eden Prairie, Minnesota, which currently trains many of the top athletes in the state of Minnesota on all levels and serves as a consultant to coaches at countless athletic programs. Shawn is a very well known and highly sought-after jump clinician who has quickly become a leader in the field of plyometrics, jump training and power development, throughout the industry.

Shawn, who is the Founder of the Jump Training Special Interest Group, has also recently developed the first-ever Jump Training Certification designed for coaches looking to specialize in training to increase jump performance. In addition, Shawn was voted the 2008 Minnesota NSCA Trainer of the Year.



Lisa M. Esposito, MS, RD, CSSD, LN

Lisa is a Sports Dietitian/Research Associate III for the National Institute for Athletic Health & Performance at the Sanford USD Medical Center. She is a Board Certified Specialist in Sports Dietetics and earned her Master's degree in exercise science.

Lisa is also a member of the American Dietetic Association, the Sports, Cardiovascular and Wellness Nutrition dietetic practice group and Sports Dietetics USA. Lisa has worked with a variety of athletes, each with their own specific physical and performance goals, including weight gain, strength gain, weight loss, meeting a weight class goal, and management of blood lipids, diabetes and food allergies.



Kelly Vanhove, MS, ATC, CSCS

Kelly is a South Dakota native from Howard. He graduated from SDSU in 2003 with a bachelor's in Athletic Training. Kelly then went to Arkansas Stated University and received his Master's in Exercise Science.

From 2006-09, Kelly worked in the Chicago Cubs Minor League System. He spent one year in Short Season A Ball in Boise, ID and two years in Peoria, IL working Low A Ball. Currently, he runs the Transition Sports Rehabilitation program for Sanford Orthopedics and Sports Medicine.



Steve Young, PT, MSPT, CSCS, FAFS

Steve is a former student athlete and graduate of the University of South Dakota: BS in psychology 2001 and MS in physical therapy 2003. He obtained his CSCS through the NSCA in 2002 and recently became a Fellow of Applied Functional

Science (AFS) through the Gray Institute in 2009. Through this fellowship he also became certified in FMR (Functional Manual Reaction).

Steve spent the first 5+ years of his career in a private practice setting in Champaign Illinois which included a 16,000 square foot sports facility where a majority of his focus was sports medicine rehabilitation, injury prevention and athletic enhancement. Steve currently specializes in sports medicine and a rehabilitation approach that integrates all aspects of human motion through the principles, strategies and techniques of AFS as well as assists with Sanford Running Injury and Performance Services. He is a member of the APTA, NSCA and the Gray Institute.



Brett Hudson, MSPT

Brett graduated with a Bachelor of Biological Science from South Dakota State University in Brookings, SD in 2003. He went on to graduate with a Master's of Science in Physical Therapy from the University of South Dakota in Vermillion, SD in 2005. He

spent two years in Sioux City, IA working in an outpatient orthopedic and sports medicine clinic and moved to Sioux Falls in 2006. Brett now specializes in sports medicine and functional, sport specific rehabilitation. He is also the lead physical therapist of Sanford's Running Injury and Performance Services.

Sanford POWER Staff:

Scott Roggenbuck, ATC, CSCS, POWER Coordinator

Steve Bliss, MEd, CSCS, Workshop Coordinator

Brad Rilling, CSCS

Jeff Blindauer, MS, CSCS

Jim Lloyd, CSCS, CPT

Jesse Haines, CSCS

Dan Gacke, CSCS

Jon Hoksbergen

Amanda Zephier

Tanner Bronson, POWER Basketball Instructor

Steve Phillips, POWER Baseball Instructor



Strength and Conditioning Clinic Registration Form

Name: _____

Address: _____

City: _____

State: _____ Zip: _____

Phone: _____

School/Organization: _____

E-mail Address: _____

(required for registration)

Registration Fee: \$40 (Make check payable to Sanford)

Late Registration Fee: \$50 (After April 8, 2010)

College Credit Fee: \$50

(Make checks payable to Augustana College)

Total Registration Fee: \$ _____

Visa Mastercard Discover

Acct. #: _____ Exp. _____

Signature: _____

Mail or Fax this completed registration form with payment to:

Sanford Health Center for Learning and Innovation

Attn: Nikki Terveer

1305 W. 18th Street

Sioux Falls, SD 57117-5039

Phone: (605) 328-6353

Fax: (605) 328-6301

Email: terveern@sanfordhealth.org

For further information regarding the educational program, contact Workshop Coordinator Steve Bliss at (605) 328-1654 or (605) 261-0388.

Participation Waiver and Release:

I hereby acknowledge and understand that my participation in the Sanford Sports and Sanford POWER "Strength and Conditioning Clinic" will require physical exertion and calisthenics. By my signature below, I hereby waive/release Sanford Sports, Sanford POWER and Sanford Health, and their respective employees, agents or affiliates from any liability and/or any injuries which may occur while participating in said "Strength and Conditioning Clinic."

Signature: _____

Friday's Schedule - April 16, 2010

Sanford USD Medical Center, Schroeder Auditorium

TIME/SESSION	TOPIC PRESENTER
4:30 - 5:25 p.m.	Registration/Check-In
5:25 - 5:30 p.m.	Welcome, Steve Bliss, MEd, CSCS
Session 1	Functional Sports Enhancement
5:30 - 6:20 p.m.	Logan Schwartz, MEd, CSCS, FAFS
Session 2	Training the Multiple Sport Athlete
6:20 - 7:10 p.m.	Jason Riley, CSCS, USAW
7:10 - 7:20 p.m.	Break/Vendors
Session 3	In-Season vs Off-Season Training
7:20 - 8:10 p.m.	Logan Schwartz, MEd, CSCS, FAFS
Session 4	Practical Jump Training and Medicine Ball Drill
8:10 - 9 p.m.	Shawn Myszka, CSCS
Session 5	Coaches Roundtable Discussion
9 - 10 p.m.	Discussion

Saturday's Schedule - April 17, 2010

Sanford POWER Center (morning, come in workout gear)
Sanford USD Medical Center, Schroeder Auditorium (afternoon)

TIME/SESSION	TOPIC PRESENTER
8 - 8:10 a.m.	Welcome, Steve Bliss, MEd, CSCS
Session 6	Hands on Laboratory-Practical Applications
8:10 - 9:50 a.m.	<ul style="list-style-type: none"> Texas Longhorn Functional Drills Athletic Compound Speed/Agility Drills Sanford Injury Prevention Explosive Edge Jump Training and Medicine Ball Drills
9:50 - 10 a.m.	Break/Vendors
Session 7	Hands on Laboratory-Practical Applications
10:20 - Noon	<ul style="list-style-type: none"> Texas Longhorn Functional Drills Athletic Compound Speed/Agility Drills Sanford Injury Prevention Explosive Edge Jump Training and Medicine Ball Drills
Noon - 1 p.m.	Travel to Sanford USD Medical Center Lunch (provided)
Session 8	Athletic Nutrition
1 - 2 p.m.	Lisa Esposito, MS, RD, CSSD, LN, Sports Dietitian/ Research Associate III National Institute for Athletic Health and Performance at Sanford
Session 9	Prehab of the Throwing Shoulder
2 - 2:45 p.m.	Kelly Vanhove, MS, ATC, CSCS Sanford Clinic Orthopedics & Sports Medicine
2:45 - 2:55 p.m.	Break/Vendors
Session 10	Texas Explosion, Agility, First Step Quickness
2:55 - 3:45 p.m.	Logan Schwartz, MEd, CSCS
Session 11	Putting it All Together
3:45 - 4:25 p.m.	Jason Riley, CSCS, USAW
Session 12	Texas Coaching Excellence
4:25 - 5:35 p.m.	Logan Schwartz, MEd, CSCS, FAFS

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Sanford Medical Center
1305 W. 18th Street
PO Box 5039
Sioux Falls, SD 57117-5039



9TH ANNUAL STRENGTH & CONDITIONING CLINIC

April 16-17, 2010

Friday, April 16 - Sanford USD Medical Center
Schroeder Auditorium

Saturday, April 17 - Sanford POWER Center
Sanford USD Medical Center, Schroeder Auditorium



Featuring:

Logan Schwartz, MEd, CSCS, FAFS
University of Texas Strength & Conditioning Coach

Continuing Education units approved by:

